

The Best of "Times"

Available ONLINE at www.burbankca.gov/adults55

September/October 2016

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**Joslyn Adult Center**

1301 West Olive Avenue
Burbank, CA 91506
818.238.5353
Monday - Friday
8:00 am - 8:00 pm
Saturday
9:00 am - 4:00 pm
Sunday
10:00 am-4:00 pm

Information Desk

818.238.5353

Nutrition Office

818.238.5357

RSVP Office

818.238.5370

Transportation

818.238.5360

McCambridge Park

1515 Glenoaks
818.238.5365

Don Tuttle Senior Center

1731 North Ontario
818.238.5367



LOS ANGELES COUNTY

CONSUMER & BUSINESS AFFAIRS

FREE

Opportunity
Prize Drawing
(must be present)

SUPERVISOR MICHAEL D. ANTONOVICH
INVITES YOU TO A

Smarter Senior Forum



Friday, October 21st, 2016

9:30 a.m. - 11:00 a.m.

Burbank Joslyn Adult Center

1301 W. Olive Ave.

Burbank, CA 91506

Please RSVP to Joslyn Center at (818) 238-5353



County of Los Angeles
Department of Community
and Senior Services



California
Department
of Insurance



U.S. Postal Inspection
Service

Listen To Great Presentations On:

- Real Estate Fraud Including Recorded Documents, Foreclosures and Reverse Mortgages
- Avoiding Lottery Scams and Other Forms of Mail Fraud
- Insurance Products, Services, and Scams
- Recognizing Signs of Physical, Emotional and Financial Elder Abuse

dcba.lacounty.gov

Information: Alex Rodriguez 213-974-9969

Funded by a grant from the County of Los Angeles Department of Community & Senior Services



SEPTEMBER BIRTHDAYS

Michael Altawil
Wayne Anderson
Steve Arnold
Alex Avakian
Harly Avila - Alvarado
Sharon Billone
Jan Brandt
Lucy E. Brown
Diana Burke
Dorinda Carey
Booma Cruz
Mary Dada
Leonie De Sielvie
Joanne Drager
Sondra Elwell
Thomas Espinoza

Kody Zane Fields
Landon Graham
Eric Hansen
Durlene Hardy
Ronika Hartoutian
Mary Ann Healy
Steinar Jensson
Richard Johnson
Rich Krannes
Amidesh Kumar
Irene Kunze
Dottie Lamacchia
Shushan Lazaryev
Jae Lee
Jackie Light
Katherine Little

Dolores Lopez
Teresa Mando
Mario Melendez
Jacob Miller
Jane Mulder
Katherine Ogden
Frances Peebles
Claudette Peiris
Sandra Ryan
George Sakellariou
Karen Sartoris
Kendra Sazon
Peg Setti
Roger Seward
Radhakrishiva Shiuakumar

Frances Shrock
Gary Sutliff
Dorota Swierzewicz
Joan Tappan
Tony Thomas Gharehpetian
Janice Tori
Nathee Triamwong
Barbara Trinchero
Lynn Turner
Margaret Vandenberg
Katie Vlick
Jan Waterfield
Margarita Weiss
Julia Welch
Fay Whitman

OCTOBER BIRTHDAYS

Flordeliz (Flor) Anibigno
Seda Antonian
Andy Asadorian
Diane Austin
Christopher Avakian
Inge Avanesian
Ken Barnes
Barbara Bartman
Stephan Beglaryan
Russell Bell
Cynthia Benveniste
Edward W. Beutler
Manraj Bhari
Toni Bowker
Aleko Brice
Lillian Bucell
Jacqueline Campbell
Terry Campbell

Joanne Cesta
Prattay Choudhury
Robert Clement
Louise Cummings
Catherine De Nick
Yvonne Demery
Merilyn Domenico
Aimee Edmonds
Nid Ee - Siriporn
Lorraine D. Faiola
Prudenz Fajajardo
Kathleen Field
Dave Filson
Rebecca Fletcher
Allan Fox
Alice Francis
Kim Freed
Flory Guillen

Jane Harrison
Patricia Ann Harrold
Lourdes Hernandez
Christine Holland
Nancy Hyde
Tina Jimenez
Donna Mahoney
Ian Mamaril
Anika Maskara
Charles McDonald
Judith K. McDowell
Mary Melkom
Judith Miller
Joan Moseley
Mohamed Msarwa
Nanci Nadimi
Betty Negri
Fay Pena

Tom Petrique
Nancy Ramseyer
Randy Romero
David Rosales
Sabrina Ruano
Kay Samuelsen
Betty Santoro
James Sartoris
Humberto Sauri
Kathleen Siltamaki
David Smith
George Souliotes
Robert Struble
Gary Swinhart
Megan Takahashi
Maria Elena Tappan
Eduardo Tenorio
Ronald Van Der Werff

WELCOME NEW BVP VOLUNTEERS!

Consuelo Almonte
Alexander Alvarez
Flor Anibigno
Daniel Azures
Starlyn Bayer
Russell Bell
Stephanie Bennett
Richard Brannin
Isabelle Canelo
Christal Castro
Megan Chan
Marilyn Charette
Kelly Cissell
Robert Clement
Julie Cole
Booma Cruz
Alyssa Dancel
Yvonne Demery
Lillian Boyd Diaz
CJ Sandy Einwechter
Thomas Espinoza
Marieta Esser
Prudenz Fajajardo
Fran Filson

Landon Graham
Ronika Hartoutian
Aubrey Hayman
Mary Ann Healy
Hailey Hernandez-Alvarez
Ayojide Hospidales
Kirsten Jacobson
Mindy Ladin
MJ Lapid
Myeisha Lapid
Audrey Lau
Shushan Lazaryev
Sebastian Leal
Jae Lee
Simon Lutterbie
Ashley Macalino
Dylan Magallanes
Zoey Malden
Ian Mamaril
Airalyn Managuelod
Alice Martinez
Barbara Maslyk
Etsuko Mason
Ralph Massey

Joan Mathers
Hersine Melkonians
Susan Miceli
Jacob Miller
Linda Miller
Cynthia Montes
Daniel Moore
Fanny Belle Mound
Fred Mound
Carol Murphy
Archini Nayak
Doreen O'Donohoe
Mary O'Hare
Hilary Philp
David Piedrahita
Michaela Pierce
Lauri Raymus
Alyssa Rodriguez
David Rosales
Sabrina Ruano
Kerri Ruiz
Kevin Rustanto
Camila Sanchez-Tellez
Barbara Schiffman

Norm Shelton
David Smith
Janet Snyder
Sue Stimpson
Yudai Stout
Brisa Suarez
Nerissa Sugars
Connor Thompson
Sandra Thompson
Carolyn Thrasher
Amy Tockett
Nathee Triamwong
Isaiah Vargas
Andrea Velarde
Helen Vincent
Chrissy Vlick
Katie Vlick
Tung Vo
Jenny Wakumoto
Nancy Walthers
Jeffrey White
Amy Wilke
Bethany Wilke

+ = Additional fee

Community Events

☒ = Sign Up Required
818.238.5353

Senior Bowling

at Pickwick Bowling Center

Fall League begins September 12.
Will meet every Monday at 10:00 am.
Call Kay for details at 818.845.2773.



Providence Saint Joseph
Medical Center Guild's

Fall Card Party & Luncheon

Wednesday, October 5, 2016

10:00 am-3:00 pm



Lakeside Golf Club

Questions Call: Patricia Scully@ 818.842.9091

Admission: \$40

Reservations Required by September 21, 2016

UCLA Health

Tremor: How to Shake the Shakes

Seminar Information

Date

Saturday, September 17, 2016

Time

Registration: 11:30 am

Seminar: 12 Noon-3:00pm

Place

Joslyn Adult Center

RSVP

310. 571.5741 or

ucla.tremor@gmail.com

Refreshments will be provided.

Please register by September 15, 2016

Hazardous Waste and E-Waste Disposal:-Saturday, September 10, 9:00am-3:00pm at the Burbank Fire Department Training Center. Located at 1845 Ontario Street. For general information, go online to www.lascd.org or call 888.CLEAN-LA.

Garage Sale "Permit-Free Weekend"-The City of Burbank's License & Code Department continues to offer residents a permit-free weekend for yard sales on **October 8 and 9**.

SAVE THE DATE!

FLU SHOT CLINIC – at Joslyn Center

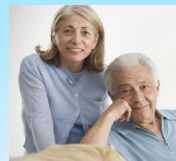
(There will be no Health Fair this year)

9:00am –11:00am

TUESDAY, OCTOBER 25, 2016

Priority numbers will be
distributed beginning at 8 am

Are You Ready for Medicare?



Free seminar sponsored by the
Center for Healthcare Rights

Medicare Part D (Drug Benefits)

Wednesday, October 26, 1:00 pm

Joslyn Adult Center

Please RSVP at 818.238.5353 ☒



Join the Pool Party on
Thursday, September 15
4:00 pm-6:00 pm at Verdugo Aquatic Center
Admission is free for those 55+
Music, Food and Fun!
Sign up at Joslyn or Tuttle ☒

REMEMBER TO SCAN YOUR BSAC CARD BEFORE EACH ACTIVITY AT JOSLYN AND TUTTLE CENTERS!

+ = Additional fee

Joslyn Special Events & Programs

☑ = Sign Up/RSVP
Required

Welcome to Joslyn Adult Center

JOSLYN CENTER HOURS

MONDAY-FRIDAY, 8:00 AM-8:00 PM

SAURDAY, 9:00 AM-4:00 PM

SUNDAY, 10:00 AM-4:00 PM

818.238.5353

Travel/Recreation Office

Open Monday-Friday

9:00-11:00am & 12:00-2:00pm

Programs for those 55 and over. For information about ongoing weekly and monthly activities, please see the respective flyers available at the Joslyn Information Desk or Tuttle Center.

Notes: ☑ = Sign-up required + = Additional fee*

(*most activities are \$2.00 but are free with BSAC card).

☑ To sign up or RSVP for a class or seminar,
please contact the front Info Desk or call

818.238.5353

Fitness

Learn 'N Line-Line Dancing Class:—Every Tuesday from 6:15pm—7:45pm. Come and learn line dancing for fun and fitness or for just staying healthy. All are welcome. Fee is \$5 (\$3 with BSAC).

Beginner Line Dancing Classes: (Ultra Beginner & Beginner Plus)—Every Saturday at 9:30am and 10:30am. Ultra Beginner requires little or no line dance experience while Beginner Plus requires some knowledge of line dancing. Fee is \$4 (\$2 with BSAC). Bring two friends.

Zumba Gold:—Saturdays, 1:30pm: Join in the fun in this low-impact, easy to follow, Latin-inspired dance fitness class! Fee is \$5 (\$3 with BSAC).

Health Information & Services



Memory Class:—Every 1st & 3rd Wednesday, 9:30am-10:30am. Kimberly Mitchell of "Tutor Doctor" presents innovative ways to help reduce the onslaught of age-related cognitive delay. Sponsored by Burbank Senior Apartments of Cusumano Real Estate Group. Cost is \$5 per session (free with BSAC).

Healthy Cooking and Eating Classes:—Friday, September 9, and October 14 at 9:30am. The theme for September class is: Carbohydrate counting and Diabetes management. Classes are designed by a nutritionist and expert chef and features a nutrition lecture and live cooking demonstration. Open to non-diabetics alike since the focus will again be on healthy eating and healthy low carbohydrate meals. Sponsored by Regal/Lakeside Medical Group. Admission is \$2 (free with BSAC). ☑



Diabetes Self-Management Workshop:—Tuesdays, September 13 — October 11. 2:00-4:00pm. This is a 6-week workshop that will cover techniques to deal with fatigue, pain, isolation, and communicating effectively with family, friends & health professionals. Presented by HSAG and Glendale Adventist Medical Center. Admission is free. To sign up, call our information desk @ 818.238.5353. **Limited enrollment.** ☑

Healthy Aging and Well Being Series: "Eating well as You Get Older"—Wednesday, September 14 at 3:00pm. Join Katie Valdes, a registered Dietician specializing in sports, nutrition, health and wellness. She will discuss the importance of nutrition in terms of maintaining a strong body and mind for older adults. (free with BSAC). ☑



Healthier Living "A Matter of Balance"—Mondays, October 3 to November 21, 9:30-11:30am. This 8-week class will demonstrate to participants how to:
1) View falls as controllable; 2) Set goals for increasing activity; 3) Make changes to reduce fall risk at home and; 4) Exercise to increase strength and balance. Admission is free. **Limited enrollment.** THIS IS A MUST CLASS FOR YOU! ☑

REMEMBER TO SCAN YOUR BSAC CARD BEFORE
EACH ACTIVITY AT JOSLYN AND TUTTLE CEN-

☑ To sign up or RSVP for a class or seminar,
contact the front Info Desk or Call 818.238.5353

+ = Additional fee

Joslyn Special Events & Programs

☒ = Sign Up/RSVP
Required

Cards, Dance & Music Programs

Live Lively -



Square Dance

B&B Square Dance Class—This class will start **Wednesday, September 7, at 6:45 pm.** The Glendale Bachelors 'N' Bachelorettes invite you to the opening night of their "beginner" square dance class. Their motto is "FUN, FITNESS and FRIENDSHIP!" They say one night of square dancing is as good as 3 miles of jogging. We say OK on the 3 miles, but dancing is a lot more fun! Cost is \$8 per session (\$6 with BSAC).+ **[NO CLASS 9/21]**

Larry Gillespie and the Burbank Big Band—The band rehearses **every 2nd Monday** of the month, **September 12 and October 10 from 1:00-3:30 pm.** Come listen and/or dance to 2 1/2 hrs. of live Big Band and Jazz numbers. Admission is \$2 (free with BSAC).

Olive Plaza Dancers!

Monday, September 26, 1:00 pm:

Enjoy a special performance of **Western, Irish Set, Hip Hop and even square dancing!** They will be joined by our own **B&B Square Dancers.** Admission is \$2 (free with BSAC). ☒



Basic II Bridge—First Class starts **Thursday, October 27, from 9:00-11:00 am.** Course fee for this **12-week** class is \$20 (\$10 with BSAC). (Limited enrollment)☒+

Percussion Group—Mondays, 4:00-5:00

pm. "Rejuvenating Rhythms" is a fun new way to promote the physical, mental, and emotional health of older adults through music. No experience is necessary to learn how to play various percussion instruments. Cost is \$2 per session (free with BSAC).



Special Programs

Get Organized! Tuesday, September 13

11:15 am: There is more than one kind of "getting organized." Sometimes it's the "stuff" we've accumulated in life, and sometimes it's just your life that needs a little help. Both will be covered in this **5** week class. Presented by **Phyl Fletcher.** Course fee is \$10 (\$5 with BSAC) ☒+



"Adventures with Doug": Mt. Ida—Wednesday, October 19, 1:00pm: Colorado is home to some of the most beautiful mountains in the world. Join us for our slide show adventure, filled with fun stories, fascinating facts and stunning images as we climb this Rocky Mountain gem to discover wondrous color, breathtaking scenery and with a little luck, a few of the local 4-legged residents. ☒+

Opera Group: Note: This Group meets every **4th Tuesday** of the month at 2:30 pm. Join us on the following dates: **September 27,** with featured topic *Macbeth* and **October 25,** with featured topic *Akhnaten*.

Super Soul Seniors—Meets every **Friday at 3:30 pm.** Join **Donna Graves,** a Licensed Clinical Social Worker every Friday for a discussion group which will follow the outlines of the current Super Soul Sundays, a new show on Oprah's **OWN** network. This is a weekly activity to give you inspiration and the drive to keep going! Information provided at these meetings will be via written hand-outs or audio-CD presentations. (free with BSAC). ☒

A Special Afternoon Halloween Themed Dance

at Joslyn Adult Center!

Monday, October 31, 1:00 pm.-3:30pm.

Please join us for a festive, fall Halloween dance! Feel free to dress in your spookiest attire as there will be a costume contest with a special prize! We will provide light refreshments, health screenings, giveaways and lots of dancing!

Sign up for this special musical event, sponsored by Regal Medical Center.

REFRESHMENTS, DANCE AND FUN!

ADMISSION IS \$2.00.

FREE WITH ACTIVITY CARD! ☒

+ = Additional fee

Joslyn Special Events & Programs

☑ = Sign Up/RSVP
Required

Technology/Computer Classes

(A Burbank Library card with internet access is required to use our Cyber Café computers)



**Call 818.238.5353
for information or to
sign up for the next
start date.**

Basic Computer or Microsoft Word Tutoring:

Learn basic computer or Microsoft Word within 4 scheduled sessions. Prior to setting up a 4-week course, you must complete an Assessment in the Computer Lab on any **Monday, between 9:30am-11:00am**. Course fee is \$20(\$10 with BSAC). ☑+

iPad Workshop —Thursdays, 9:30am: Need help with your Apple iPad? Learn the basics of the iPad in a 4-week course or simply drop-in to ask a question. Prior to setting up a 4-week course, you must complete an Assessment in the Computer Lab on any **Thursday, 9:30am-11:00am** and bring your own fully-charged device to class. Course fee is \$20 (\$10 with BSAC). ☑+



Tech-Time—Need computer help? New to Facebook? Maybe you received a new gadget (phone, iPad, digital camera, etc.) and you need help operating or programming it? Call us to set up a **one-hour appointment** with someone who can help! Session fee is \$5 (\$2 with BSAC card). ☑+

Travel

Fall Day Trip Registration

For **October, November and December 2016** trips begins on **Monday, September 12**. Note: Numbers will be given out beginning at 8:00 a.m. Registration starts at 9:00am. Trips leave from the Joslyn Adult Center. For more information, pick up a brochure or contact the Joslyn Travel Office. ☑+

Upcoming Day Trips:

Oktoberfest—Huntington Beach—October 13

L.A. Trade Tech Culinary School & Garment Ctr.—October 20

San Antonio Winery and Citadel Shopping—November 7

Tuttle Adult Center

Enjoy these along with other events and activities available at the Tuttle Adult Center, located at 1731 Ontario Street. Please RSVP for these events at 818.238.5367.

Tuttle Summer BBQ!

Saturday September 10 at 11:00am

BBQ Chicken, BBQ Beans, Potato salad, Watermelon and Ice Cream.

Entertainment and Door prizes

Texas Hold-EM @ 9am for an additional dollar \$3.00 for Seniors 60+ and \$5 for under 60. ☑+

Join us for the following

Doc-Talks with Health Care Partners

Thursday, October 13, 10:00 am—11:00 am

TOPIC: "Cold, Flu, and Pneumonia-Do you know the difference between them?"

Presented by: Beatris Ther Hacopian, MD

Doctor of Family Medicine ☑

Airport Presentation:

"Learn about a new 14-gate Replacement Terminal at Hollywood Burbank Airport (Bob Hope Airport) and the community protections that come with it."

Thursday, October 27, at 10:00 am

Refreshments will be served!

—Coffee, and Clothing Exchange—

This awesome group meets the **last Friday of each month at 1pm here at the Joslyn Adult Center**. No time for a yard sale? Want to trade that scarf Aunt Myrtle sent you for a cute T-Shirt? Join us for a monthly clothing exchange, have some coffee, and chat about the fashion trends we all remember so well. Bring your clean and gently used clothing and accessories to exchange and remember, it's **EVERYTHING MUST GO!** at the end of each meeting. We can even have an **"impromptu"** fashion show. (Free with your BSAC).

DID YOU KNOW?

The Joslyn Center will be Closed:

Labor Day-Monday,
September 5, 2016

SAVE A STAMP!

Just include your return address
on the envelope. No stamps necessary!



Drop your Burbank Water & Power and/or
Southern California Gas Co. ("The Gas Company")
bill payments in our "Utility Bill Payment" box.

These boxes are located in the Joslyn front
hallway and parking lot and at the Tuttle Center.



BSAC SCANNERS OF THE MONTH

Current scanners selected to receive
2 AMC tickets or a handmade scarf:

July

Jannaro Basile

August

James Shanks

Men' Pool Tournament Winners!



1st Place

Peter Volpe

2nd Place

Errol Rousseve

3rd Place

Salvador YaYa

DROUGHTBUSTERS

A COMPOSTING & WATER HARVESTING WORKSHOP

SATURDAY, SEPTEMBER 24 9AM-NOON

COMMUNITY DAY SCHOOL GARDEN

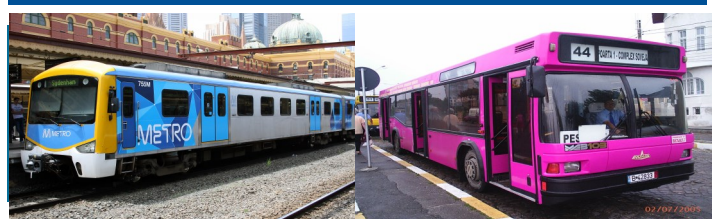
223 E. SANTA ANITA AVENUE-BURBANK

Learn how water harvesting, composting, mulching and
building soil work together to return nutrients and
increase water retention.

Free composter for Burbank residents.

Register on-line at burbankrecycle.org
or call 818.238.3900

Transit Lectures and Information



Metro's New "Pilot" Mobile Customer Center—
Wednesday, October 19, 10:00 am to 1pm. This
"Pilot " *Mobil Customer Center* will provide the
issuance of temporary Reduced Fare cards to
senior applicants 62 years +, assist with the
completion of Senior Reduced Fare Applications,
take needed photos and load fare/fee onto TAP
cards. This is a free event. ☑

Metro Presentation with the Move Riders Club—
Wednesday, October 19, 12 noon. Join Metro's
Community Relations Officer Lilly Ortiz, as she pre-
sents an hour long PowerPoint presentation. Topics
will include: the benefits of riding transit, where can
you go? Trip planning, rider tips, transit options, TAP
cards and what exactly is the "On the Move Riders
Club"? All are welcome! ☑

Valley Porcelain Artists' Annual Exhibit & Sale

Saturday, November 12, 10:00 am-2:30 pm.

View displays of hand-painted porcelain art, both
decorative and functional; modern and traditional
portraits and landscapes; jewelry, antiques, and
animal and floral paintings. Over 600 square feet
of hand painted porcelain for sale

at the **Joslyn Adult Center.**

Admission is free!

Scholarship Program Available for Eligible Adults 55+

Have fun, get active, learn, and have a great
experience! The City of Burbank Park, Recreation
and Community Services Department's *Scholarship
Program* is available for Burbank residents who are
in need of financial assistance and would like the
opportunity to engage in recreational activities.

Qualifying programs would include older
adult trips, classes and aquatics that
would cost at least \$10.00 or more.

For more information or to obtain an application,
call 818.238.5300 or e-mail to

2016

Congratulations BVP Volunteer Awardees

Recipients will be recognized at our Annual BVP Recognition and Fair
Wednesday, September 21st, 2016

Congratulations to the recipients of the President's Call to Service Award
for having served 4000 and more Lifetime Volunteer Hours

Louise Cummings
Sam Engel, Sr.



Ronald Van Der Werff
Mary Vincenti

John Kemmerer
Marika Krambo

Suzanne Rector
Nora Shirinian

25 Year Award:

Joan Rinard

Kathleen Siltamaki

20 Year Award:

Faye Bars

Theresa Yoon

15 Year Award:

Joan Moseley
Fay Whitman

William Smith
Cecilia Vercesi

10 Year Award:

Bonnie Becken
John Bottomley
June Box
Jan Brandt
Louise Cummings
Sharon Darbo

Joseph Duarte
Henry Feigin
Zoila Figueroa
Beverly Heine
Nancy Hoi
Linda Huber

Rouben Issakhanian
John Kemmerer
Shirley Leshar
Sharon Miller
Betty Negri
Joe Negri

Alice Rodriguez
Florene Rozen
Nora Shirinian
Anne White
Bettie Yasbek

5 Year Award:

Guadalupe Aguirre
Wayne Anderson
Diane Bernhardt
Edward Beutler
Donald Bodeau

T.M. Carrasco
Mary Christensen
Frances Di Bona
Veronica Fernandez
Rusty Gratson

Joseph Holguin
Frances Kim
Craig Larson
Betty Lush
Fay Pena

Hubert Pierce
Judy Pike
Audrey Prest
Humberto Sauri
Carol Scholl
Gizella Spolarich